

CPAC CALENDAR - 2009 SEASON (UPDATED 17 MAY 09)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	24	25	26	27	28	29	30
MAY					INITIAL MEETING WITH PARENTS & SWIMMERS AT HONEY BEE 7 PM		
MAY/JUN	31	1 FIRST SWIM PRACTICE AGES 4-8: 7-7:40 PM AGES 9-12: 7:40-8:20 PM AGES 13-18: 8:20-9 PM	2 SWIM PRACTICE AGES 4-8: 7-7:40 PM AGES 9-12: 7:40-8:20 PM AGES 13-18: 8:20-9 PM	3 SWIM PRACTICE AGES 4-8: 7-7:40 PM AGES 9-12: 7:40-8:20 PM AGES 13-18: 8:20-9 PM	4 SWIM PRACTICE AGES 4-8: 7-7:40 PM AGES 9-12: 7:40-8:20 PM AGES 13-18: 8:20-9 PM	5	6 PARENT VOLUNTEER SWIM CLINIC AT GREEN RUN CLUBHOUSE POOL 8-11 AM
JUN	7	8 SWIM PRACTICE AGES 4-8: 7-7:40 PM AGES 9-12: 7:40-8:20 PM AGES 13-18: 8:20-9 PM	9 ALL SWIMMERS TEAM PICTURE AT 7 PM FOLLOWED BY TIME TRIALS	10 MAKE-UP PARENT SWIM CLINIC AT MALLORY CC 6-9 PM SWIM PRACTICE AGES 4-8: 7-7:40 PM AGES 9-12: 7:40-8:20 PM AGES 13-18: 8:20-9 PM	11 SWIM PRACTICE AGES 4-8: 7-7:40 PM AGES 9-12: 7:40-8:20 PM AGES 13-18: 8:20-9 PM	12	13 HOME SWIM MEET VS RIVERWALK - 8 AM (BE THERE NLT 7:15 AM)
JUN	14	15 SWIM PRACTICE AGES 4-8: 7-7:40 PM AGES 9-12: 7:40-8:20 PM AGES 13-18: 8:20-9 PM	16 SWIM PRACTICE AGES 4-8: 7-7:40 PM AGES 9-12: 7:40-8:20 PM AGES 13-18: 8:20-9 PM	17 SWIM PRACTICE AGES 4-8: 7-7:40 PM AGES 9-12: 7:40-8:20 PM AGES 13-18: 8:20-9 PM	18 SWIM PRACTICE AGES 4-8: 7-7:40 PM AGES 9-12: 7:40-8:20 PM AGES 13-18: 8:20-9 PM	19	20 AWAY SWIM MEET AT VIRGINIA BEACH TENNIS & RACQUET CLUB (BE THERE NLT 7:30 AM)
JUN	21	22 NOTE CHANGE IN TIMES!! SWIM PRACTICE AGES 4-8: 7:30-8:10 PM AGES 9-12: 8:10-8:50 PM AGES 13-18: 8:50-9:30 PM	23 SWIM PRACTICE AGES 4-8: 7:30-8:10 PM AGES 9-12: 8:10-8:50 PM AGES 13-18: 8:50-9:30 PM	24 SWIM PRACTICE AGES 4-8: 7:30-8:10 PM AGES 9-12: 8:10-8:50 PM AGES 13-18: 8:50-9:30 PM	25 SWIM PRACTICE AGES 4-8: 7:30-8:10 PM AGES 9-12: 8:10-8:50 PM AGES 13-18: 8:50-9:30 PM	26	27 HOME SWIM MEET VS NORFOLK YACHT & CC- 8 AM (BE THERE NLT 7:15 AM)
JUN/JUL	28	29 SWIM PRACTICE AGES 4-8: 7:30-8:10 PM AGES 9-12: 8:10-8:50 PM AGES 13-18: 8:50-9:30 PM	30 SWIM PRACTICE AGES 4-8: 7:30-8:10 PM AGES 9-12: 8:10-8:50 PM AGES 13-18: 8:50-9:30 PM	1 SWIM PRACTICE AGES 4-8: 7:30-8:10 PM AGES 9-12: 8:10-8:50 PM AGES 13-18: 8:50-9:30 PM	2 SWIM PRACTICE AGES 4-8: 7:30-8:10 PM AGES 9-12: 8:10-8:50 PM AGES 13-18: 8:50-9:30 PM	3	4 NO SWIM MEET - HAPPY 4TH OF JULY
JUL	5	6 SWIM PRACTICE AGES 4-8: 7:30-8:10 PM AGES 9-12: 8:10-8:50 PM AGES 13-18: 8:50-9:30 PM	7 SWIM PRACTICE AGES 4-8: 7:30-8:10 PM AGES 9-12: 8:10-8:50 PM AGES 13-18: 8:50-9:30 PM	8 SWIM PRACTICE AGES 4-8: 7:30-8:10 PM AGES 9-12: 8:10-8:50 PM AGES 13-18: 8:50-9:30 PM	9 SWIM PRACTICE AGES 4-8: 7:30-8:10 PM AGES 9-12: 8:10-8:50 PM AGES 13-18: 8:50-9:30 PM	10	11 AWAY SWIM MEET AT LARKSPUR SWIM & RACQUET CLUB (BE THERE NLT 7:30 PM)
JUL	12	13 SWIM PRACTICE AGES 4-8: 7:30-8:10 PM AGES 9-12: 8:10-8:50 PM AGES 13-18: 8:50-9:30 PM	14 SWIM PRACTICE AGES 4-8: 7:30-8:10 PM AGES 9-12: 8:10-8:50 PM AGES 13-18: 8:50-9:30 PM	15 SWIM PRACTICE AGES 4-8: 7:30-8:10 PM AGES 9-12: 8:10-8:50 PM AGES 13-18: 8:50-9:30 PM	16 SWIM PRACTICE AGES 4-8: 7:30-8:10 PM AGES 9-12: 8:10-8:50 PM AGES 13-18: 8:50-9:30 PM	17	18 AWAY SWIM MEET AT CAVALIER GOLF & YACHT CLUB (BE THERE NLT 7:30 AM)
JUL	19	20 SWIM PRACTICE ONLY FOR THOSE SELECTED FOR DIVISIONALS AGES 4-10 7:30-8:30 PM AGES 11-18 8:30-9:30 PM	21 SWIM PRACTICE ONLY FOR THOSE SELECTED FOR DIVISIONALS AGES 4-10 7:30-8:30 PM AGES 11-18 8:30-9:30 PM	22 SWIM PRACTICE ONLY FOR THOSE SELECTED FOR DIVISIONALS AGES 4-10 7:30-8:30 PM AGES 11-18 8:30-9:30 PM	23 SWIM PRACTICE ONLY FOR THOSE SELECTED FOR DIVISIONALS AGES 4-10 7:30-8:30 PM AGES 11-18 8:30-9:30 PM	24	25 DIVISIONAL SWIM MEET AT HONEY BEE - 8 AM - 1 PM
JUL/AUG	26	27 END OF SEASON PARTY AND AWARDS CEREMONY AT HONEY BEE 7:30-9:30 PM	28 SWIM PRACTICE ONLY FOR THOSE SELECTED FOR ALLSTARS - 7:30-8:30 PM	29 SWIM PRACTICE ONLY FOR THOSE SELECTED FOR ALLSTARS - 7:30-8:30 PM	30 OCEAN BREEZE FUN DAY 10 AM - ? SWIM PRACTICE ONLY FOR THOSE SELECTED FOR ALLSTARS - 7:30-8:30 PM	31	1 ALL-STAR SWIM MEET AT LITTLE NECK SWIM AND RACQUET CLUB - 8:30 AM